



*Strasburg Rail Road The Legacy of Sleepy Hollow: Not Everything Dies ... page 8*

# INSPIRATIONS

*Inspiring Things to Do, Learn and Share*



*“Your life is enriched with meaning when you allow yourself to become inspired, set goals, and charge after them with passion.”*

*— American Author Dr. Julie Connor*

# PROGRAM OFFERINGS

*Program offerings are listed alphabetically by category.  
For program listing by date, refer to Monthly Event Calendar.*

Description	Date	pg
<b>WELLNESS</b>		
<b>Ongoing Fitness Classes</b>		
Back to Basics	Mon/Wed	1
Pilates	Tues/Thurs	1
Power Hour	Mon/Wed	1
<b>Wellness Programs</b>		
Blood Pressure Clinic	Tue	2
Morning Mindfulness	Fri	2

<b>Spirit</b>		
<b>Study Groups &amp; Services</b>		
Bible Study	Tues	3
Catholic Mass	3rd Tues	3
Ecumenical Service	Tues	3
All Saints Day	11/8	3
Christmas Worship	12/24	3

<b>MIND</b>		
<b>Educational Programs</b>		
Book Club	1st Thurs	4
Brain Games	1st & 3rd Mon	4
Computer & Smart Phone Support	10/20, 11/15, 12/15	4
Ted Talks		
Four Kinds of Regret	10/27	5
Rhythm and Rhyme of Memory	11/17	5
Rights to Repair your Stuff	12/29	5

<b>Creative Arts</b>		
Crafty Crew	2nd Thurs	5
Winter Wreath	11/10	5
Peppermint Sugar Scrub	12/8	5
Village Stitchers	1st Mon	5

<b>SOCIAL</b>		
Happy Hour	10/18, 11/22, 12/20	6
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Juliet's Club: Capital City Mall	12/1	7
Romeo Club: WWII Museum	11/9	7
<b>Recreational</b>		
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Bingo	1st Tue	7
Corn Hole	Thurs	7
Mexican Dominoes	Fri	7
Mini-Tennis	Fri	7
Skip-Bo	Tues	7
Ten Pin Bowling	Mon, Thurs	7
Wii Bowling	Wed	7

Description	Date	pg
<b>Trips</b>		
Christmas Experience	12/14	8
Gettysburg Ghost Tour	10/5	8
Strasburg Railroad	10/20	8
<b>Musical Performances</b>		
Keil Holland	11/8	9
Lyric Band	12/13	9
Steve Lentz	10/11	9

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Elf the Musical	12/22	9
Home for the Holidays	12/9	10
SWHS Fall Play	11/16	10

<b>Dining</b>		
Be Well Kitchen	2nd Tues	10
Brunch Bunch	10/14, 12/16	10
Christmas Eve Buffet	12/24	10

Diners Caravan:		
Rock Salt Grille	10/25	10
Carriage House Inn	11/29	10
C&D Bar and Grill	12/27	11
Potluck Dinner	10/11	11
Pub Grub	Weekly	11
Sunday Brunches	10/9, 10/23, 11/6, 11/20, 12/4 & 12/18	11
Thanksgiving Buffet	11/24	11
Themed Buffet	10/3, 10/17, 11/14, 11/28, 12/12 & 12/26	11
Veteran's Brunch	11/11	11
Women's Birthday Luncheon	1st Tues	11

<b>Special Holiday Community Events</b>		
Christmas Dinner	12/7	11

## COMMUNITY

<b>Greater Community</b>		
Supporting the Alzheimer's Association		
Paint Night	10/13	12
Walk to End Alzheimer's	10/29	12

<b>Our Community</b>		
Life Enrichment Committee	10/6	13
Thursday Talks with Marcia	2nd & 4th Thurs	13
Holiday Helpers	11/28	13

Indicates special programming or initiative throughout all SpiriTrust Lutheran® Senior Living Communities.



**Please note that programming details are subject to change. Refer to the Monthly Events Calendar or Weekly Update for any additions, deletions and changes.**



# WELLNESS

Taking care of not only your body to maintain and improve physical strength and function but also making positive choices to nourish your body so that it can be as healthy as possible.

## Fitness

### ONGOING CLASSES

#### ***Back to Basics***

This combined seated and standing beginner class will help you get back to having energy and feeling better.

**Mondays and Wednesdays**

**10:45 – 11:30 am**

**Fitness Room**

#### ***Pilates***

Pilates will help lengthen and stretch all major muscle groups in the body. You will develop a stronger core which will provide support to the back. This 45 minute class will require you to be standing and also get down on a mat.

**Tuesdays and Thursdays**

**10:00 – 10:45 am**

**Fitness Room**

#### ***Power Hour***

This 45 minute advanced class will get you sweating. We will use weights, bands and our own body weight to challenge your body. Exercises will be performed standing.

**Mondays and Wednesdays**

**10:00 – 10:45 am**

**Fitness Room**



## Wellness Programs

### BUILDING A BETTER VERSION OF YOU

Many health issues are often taken for granted or ignored as “just a part of aging”. Engage in the many opportunities offered this quarter to debunk those thoughts and increase a heightened awareness for achieving better health and enjoying a longer more vibrant life.

#### ***Blood Pressure Clinic***

Do you know your numbers?  
What do they mean? Blood pressure checks are available on a drop – in basis from 1:00 pm – 2:00 pm every Tuesday.

**Tuesdays**

**1:00 – 2:00 pm**

**Residential Living Wellness Office**



#### ***Morning Mindfulness***

Meditation is a 2,500+ year old practice for training your mind. It is the practice where an individual uses a technique such as mindfulness or focusing the mind on a particular object, thought or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

**Fridays**

**9:30 – 10:00 am**

**Great Room**



Nourishing your soul through purposeful, enriching experiences and facing life with enthusiasm and positivity, even in difficult times.

## Spiritual

### ***Bible Study***

Bible Study is a weekly study group in which our chaplain leads participants through spirited discussions, offering opportunities that strengthen individual's religious and spiritual beliefs.

**Tuesday  
1:00-2:00 pm**

**Great Room**

**Presenter: Chaplain Aaron Cope**

### ***Catholic Mass***

The Village is located within the parish boundary of St. Joseph's Catholic Church. Priests from this parish offer Catholic Mass monthly in our worship space.

**3rd Tuesday of the month  
2:30 -3:00 pm**

**Skilled Care Center Activity Room**

## Worship Services

### ***Ecumenical Service of the Word***

Join other Villagers as we observe our faith together as a community during a weekly worship service of Scripture, hymns and messages led by our community chaplain in partnership with area clergy as schedules permit.

**Tuesday  
10:30 – 11:00 am  
Skilled Care Center Activity Room**

### ***All Saints Service***

Come together in fellowship as we remember the Saints who have gone before us and commemorate the passing of those of our Utz Terrace community over the last year.

**Tuesday, November 8  
9:30 am  
Terrace Overlook Restaurant**

### ***Christmas Worship Service***

This ecumenical worship service centers on the celebration of the birth of Jesus with scripture, prayers, and carols.

**Saturday, December 24  
10:30 am  
Skilled Care Center Activity Room**



## Expanding your knowledge, skills and creativity while sharing your knowledge and skills with others.

### **Book Club**



Do you enjoy new books? Do you enjoy discussing the books you've read? Each month we will choose a new book selection for the group to read. We will meet once a month to discuss the book together.

**1st Thursday of the month**  
**11:00 am**  
**Great Room**

### **Brain Games**

Join your friends and neighbors for an afternoon of brain games! We will cover a variety of subjects and a variety of skills. Come to challenge your wits and have a good time!

**1st & 3rd Monday**  
**2:00 pm**  
**Life Long Learning Room**

### **Educational Programs**

#### **Computer and Smart Phone Support**

Having trouble with your computer or Smart Phone? Volunteer Steve Bean is here to help! Steve, an electrical engineer and wiz with electronics, is here to help. Join him in the Lifelong Learning room to receive one-on-one help, training, and troubleshooting.

**October 20, November 15 & December 15**  
**4:00 pm**  
**Lifelong Learning Classroom**  
**Instructor: Steve Bean**



## LET'S DISCUSS

Nourish your mind and body with thought provoking topics. Participants view a TED Talk video clip followed by an interactive question and answer session. TED began in 1984 as a conference where Technology, Entertainment and Design converged and today covers almost all topics — from science to business to global issues.

**4:00 pm | Lifelong Learning Classroom**

### *Four Kinds of Regret*

Regret is one of our most powerful emotions — and also one of the most misunderstood. Over the past two years, author Daniel H. Pink has collected a trove of more than 16,000 regrets from people in 105 countries in an effort to better understand this mysterious emotion. He shares the key patterns that emerged (it all boils down to the same four core regrets, he says) and explains how to transform your own regrets in order to create the life you've always wanted to live.

**Thursday, October 27**

### *The Rhythm and Rhyme of Memory, Solitude and Community*

"Music can unlock a frozen memory that melts into the seeds of our creativity," says musician Rosanne Cash. Reflecting on the power of memory, solitude and community, she performs "The Sunken Lands" and "Particle and Wave" and meditates on some of life's most poignant and bittersweet themes.

**Thursday, November 17**

### *You Deserve the Right to Repair your Stuff*

A self-declared "repair geek," Gay Gordon-Byrne is a driving force behind the right-to-repair movement, which aims to empower people to fix their stuff. She describes how the movement is gaining legislative momentum and breaks down how the global shift away from "throwaway society" can literally turn trash into treasure in a circular economy — so we can all experience that "Yes! I fixed it!" feeling.

**Thursday, December 29**

## Creative Arts

### CRAFTY CREW

Learn a new technique or skill as you create a beautiful craft that you can keep for yourself or give as a gift. Classes are open to both men and women. There is a \$10 cost per class and must have at least 5 people sign up.

#### *Winter Rag Wreath*

Learn how to make your own DIY rag wreath. We will use scraps of fabric and tie knots to fill the wire wreath frame. This simple to make winter wreath anyone is talented enough to complete.

**Thursday, November 10**

**Cost: \$10**

**2:00 pm**

**Hobby Room**

#### *Peppermint Sugar Scrub*

Instead of buying a scrub, make your own with a few easy steps and ingredients. Sugar scrubs can help to get rid of dry areas and leave your skin looking smooth and hydrated. Join us in making your own scrub, sealed in a decorative glass container. This can also make a great Christmas gift!

**Thursday, December 8**

**Cost: \$10**

**2:00 pm**

**Hobby Room**

### VILLAGE STITCHERS



If you love to sew, this mission – oriented group might be just what you have been seeking. Projects center around providing needed items for worthy causes.

**1st Monday of the month**

**9:00 am**

**Hobby Room**



Building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

### *Happy Hour*



Happy Hour is a great way to try new varieties of drinks! The parties are those that you enjoy with friends and neighbors so be sure and plan on attending this popular event.

**10/18, 11/22, 12/20**

**4:00 – 5:00 pm**

**Terrace Overlook**

### *Halloween Happy Hour*

Join us for a special Halloween themed Happy Hour featuring Halloween themed drinks and hors d'oeuvres. We will also be holding a Halloween raffle, all who attend will be entered to win a prize! We encourage you to wear a costume or dress in black and orange. Get in the “spirit” of Halloween by coming in costume or in your Halloween colors and vote for your favorite spooky costume with prizes awarded to the winners.

**October 31**

**3:00 – 4:00 pm**

**Apartment Lobby**







## THE JULIETS CLUB

As the famous Shakespeare play references, what's ROMEO without a Juliet? Enjoy time with other ladies for special luncheons and programs throughout the year.

### Capital City Mall



Gather with your girlfriends for an afternoon of shopping just in time for the holidays. Capital City Mall is a family-friendly premier shopping destination located in Camp Hill, Pa. Satisfy shopping needs from affordable fashion apparel to home furnishings, electronics, cosmetics, and everything in between. Shop department store favorites like JCPenny and Macy's and grab a bite to eat at one of several eateries.

**Thursday, December 1**

**Bus starts to pick up at 10:45 am, approximate return 4:30 pm.**

**Registration required by Friday, December 1.**

## ROMEO CLUB

Popping up all over the United States, this popular group is just for the guys! Come together with other men for food, fellowship and of course lots of fun!

### Gettysburg WWII Museum

The WWII American Experience Museum and Education Center is located in Gettysburg, Pennsylvania. Experience a wide variety of authentic WWII vehicles, uniforms and artifacts in realistic dioramas and exhibits that portray, not just the battlefield, but the home front as well. The guided group tour will last approximately two hours. Lunch at Food 101 in Gettysburg will precede the tour.

**Wednesday, November 9**

**Bus starts to pick up at 10:00 am**

**Lunch 11:00-12:30 pm,**

**Tour 1:00 – 3:00pm,**

**Cost: \$14 Ticket, Lunch (separate checks)**

**Registration required by Thursday, October 6.**

## Recreational

### GAMES

Games have always brought families and friends together, whether played using a deck of cards, a board or specific equipment, on a designated game night or during family holiday get-togethers. Discover new tabletop games, try your "hand" at a new card game or just enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time.

#### Billiards

**Tuesdays, Fridays 1:00 pm**  
**Billiard Room**

#### Bingo

**1st Tuesday, 2:00 pm**  
**Lifelong Learning Classroom**

#### Corn Hole

**Thursdays, 3:00 pm**  
**Fitness Room**

#### Mexican Dominoes

**Fridays, 2:00 pm**  
**Lifelong Learning Classroom**

#### Mini – Tennis

**Fridays, 10:00 am**  
**Fitness Room**

#### Skip – Bo

**Thursdays, 10:00 am**  
**Lifelong Learning Classroom**

#### Ten Pin Bowling

**Mondays & Thursdays, 1:00 pm**  
**South Hanover Bowling Lanes**

#### Wii Bowling

**Wednesdays, 2:00 pm**  
**Fitness Room**

## Trips

### ***Christmas Experience at Stone Cable Estates***

Enjoy the National Christmas Center walking tour with 18,000 square feet of indoor nostalgic Christmas décor in lights, trees, storefronts, and more. 17-foot-tall buildings replicate the streets of Columbia, Pennsylvania decked out in 1950's Christmas themes. Lights, sounds, and smells of Christmas tantalize the senses and awaken the memories of times gone. Celebrate the traditions and true meaning of Christmas with your friends and loved ones. Then experience a spectacular 3-mile Christmas Light Drive-Thru which features 600,000+ brilliant LED lights. Dinner will conclude the evening at Black Gryphon Bar & Grille where all food is cooked fresh to order, sourced from local farmers and markets.

**Wednesday, December 14**

**Bus departs at 12:30 pm, 2:00pm**

**Tour**

**Cost: \$20 Ticket, Dinner (separate checks)**

**Registration and payment required by Friday, November 25**

### ***Gettysburg Ghost Tour***

Join us for a Civil War Ghost tour on October 5. This walking tour focuses on human interest stories of real Civil War soldiers. At the start of this tour each guest will receive a card bearing the name of a man who fought at Gettysburg, by the conclusion of this unique tour you will discover whether your soldier lived or died. Dinner to be held at O'Rorkes Irish Pub, a true Irish Restaurant featuring a wide ranging menu with traditional Irish cuisine prior to the tour.

**Wednesday, October 5**

**Bus starts to pick up at 3:30pm**

**Dinner 4:30 pm, Tour 6:00 pm**

**Cost: \$9 Ticket, Dinner (separate checks)**

**Registration and payment by Friday, September 30**

### ***Strasburg Rail Road***

#### ***The Legacy of Sleepy Hollow: Not Everything Dies***

Discover the true Legacy of Sleepy Hollow, only at the Strasburg Rail Road! Join Isabel Crane, the great-great-granddaughter of the legendary Ichabod Crane, as she takes you on a frightful journey filled with sword fights, ghosts, and a centuries-old curse surrounding her family. With grand special effects, live horses, and the scariest train ride of the season, you can't miss your chance to learn, hear, and experience the Legacy of Sleepy Hollow, only aboard the historic Strasburg Rail Road. Dinner will precede the show at Casey Jones' Restaurant.

**Thursday, October 20**

**Bus will begin pick up at 2:00 pm**

**Cost: \$35 Ticket, Dinner (separate checks)**

**Registration and payment required by Sunday, October 9.**

## Entertainment

### MUSICAL PERFORMANCES

#### *Keil Holland*

Keil Holland from York, PA is a dynamic guitarist and vocalist who has been delivering music for over 40 years. He has performed at many venues in Central PA and the Chesapeake Bay region. He will perform songs like God Bless America, America the Beautiful, Amazing Grace and many more songs in honor of our Veterans. Stop by the table in the café lobby to help raise funds for the Wounded Warrior Project.

**Tuesday, November 8**

**2:00 - 3:00 pm**

**Terrace Overlook**

#### *Lyric Band*

The Lyric Band is located in Hanover, Pennsylvania and consists of a talented and dedicated group of musicians who take great joy in sharing their music with the people of South Central Pennsylvania.

**Tuesday, December 13**

**7:00 - 8:00 pm**

**Terrace Overlook**

#### *Steve Lentz*

Steve Lentz also known as “Shaulls” started playing clarinet at the early age of 8 and by junior high, he was performing with his musically talented family’s 15-piece big band. He spent two years as a staff musician at the New Opryland Park before returning home to York, PA. Steve is best known in Central PA for his stint with “Hit and Run,” with whom he recorded and toured with for eight years, opening for Pat Benatar, the Trammpps and other recording artists.

**Tuesday, October 11**

**2:00 - 3:00 pm**

**Terrace Overlook**

## Theatre

### *Elf the Musical*

Dutch Apple Theatre, Lancaster

Based on the 2003 hit movie, Elf introduces us to a young orphan named Buddy, who mistakenly crawled into Santa’s bag of gifts and was transported to the North Pole. Raised by elves his entire life, Buddy doesn’t know he is actually a human. When his enormous size and poor toy making ability cause him to face the truth, Buddy embarks on a journey to New York City to find his birth father and discover his true identity. This modern-day holiday classic is sure to make everyone embrace their inner elf as Buddy wins over his new family and helps New York remember the true meaning of Christmas. After all, the best way to spread Christmas cheer is singing loud for all to hear.

**Thursday, December 22**

**Bus pick up at 10:00 am**

**11:30 am Lunch, 1:00 pm Showtime**

**Cost: \$65 for ticket and meal**

**Registration and payment required by Monday, November 28.**



### ***Home for the Holidays*** ***American Music Theatre,*** ***Lancaster***

Come celebrate the wonder, warmth, and magic of the season! Inspired by the warm, cherished memories of family Christmases spent together with loved ones, Home for the Holidays opens on the joyous gathering of family and friends who celebrate with a rich tapestry of song, dance, and holiday traditions. Home for the Holidays is an unforgettable experience that's bound to leave you in the Christmas spirit. Enjoy an all-inclusive lunch at Mt. Hope Estate Winery prior to the show.

**Friday, December 9**

**Bus pick up at 10:00 am**

**12:00 pm Lunch, 3:00 pm Showtime**

**Cost: \$18 Inclusive Lunch, \$40**

**Theatre Ticket**

**Registration and payment required by Monday, November 7.**

### ***SWHS Fall Play***

South Western High School

The talented students from South Western's drama department will present another comedy on stage this fall. Show will be announced. Preview play is presented at no charge for community seniors.

**Wednesday, November 16**

**Bus pick at 6:15 pm; Showtime**

**7:00pm**

**Registration by Friday  
November 11.**

## **Dining**

### **BE WELL KITCHEN**

Join one of our dining chefs every second Tuesday of the month for a themed cooking demonstration followed by a tasting.

**2nd Tuesday**

**4:00pm-5:00pm**

**Terrace Overlook**

### **BRUNCH BUNCH**

The word brunch is a portmanteau of breakfast and lunch. Join the Brunch Bunch monthly at various local diners for good food with good friends.

**Bus starts to pick up at 10:45 am**

**Registration Required**

***Perkins, Hanover***

**October 14**

***Starlight Diner, Hanover***

**December 16**

### **CHRISTMAS EVE BUFFET**

**Saturday, December 24**

**11:30 am and 1:00 pm**

**Terrace Overlook Restaurant**

**Cost TBA**

**Reservations Required**

### **DINERS CARAVAN**

There's nothing quite like sitting around with friends having great conversations over a delicious meal. Dine at various restaurants in the area and beyond. Cost will vary by restaurant, unless indicated and is the responsibility of the diner.

### ***Rock Salt Grille***

If you're looking for a great restaurant in Westminster, Maryland, RockSalt Grille is a part of Main Street's growing dining scene. With a fresh seafood & steak menu and the town's most extensive Raw Bar, RockSalt Grille provides guests with a casual relaxed atmosphere where they can enjoy delicious food, signature cocktails and a variety of great beers on tap.

**Tuesday, October 25**

**Bus pick up at 4:00 pm**

**Cost: Separate checks, by cash only.**

**Registration required by Monday,  
October 17.**

### ***Carriage House***

The Carriage House Inn is located in the historic district of Emmitsburg, Maryland. Classic American fare & seafood in a landmark 1857 building with stone fireplace & period furniture.

**Tuesday, November 29**

**Bus starts to pick up at 4:00 pm**

**Cost: Separate checks**

**Registration required by Monday,  
November 21.**



### ***C&D Bar and Grill***

C&D Bar & Grill is a casual, fine dining restaurant located in New Oxford with a menu highlighting classic culinary cuisine with a twist using fresh and local ingredients created by Chef Charle Kalathas.

**Tuesday, December 27**

**Bus starts to pick up at 4:00 pm**

**Cost: Separate checks**

**Registration required by Monday, December 19.**

### **POTLUCK DINNER**

Hosted by Residential Living residents, everyone is invited to bring something to share and spend

an evening with friends. Please bring covered dish by 4:30 pm, dinner will be served at 5:00 pm.

**Tuesday, October 11**

**4:30pm**

**Terrace Overlook Restaurant**

**Registration Required**

### **PUB GRUB**

Featuring a casual lighter fare menu for weekend enjoyment.

**Served 4:30 – 6:00 pm**

**Terrace Overlook Restaurant**

**Cost Ala Carte**

**Reservations Required**

### **SUNDAY BRUNCHES**

A repertoire of Sunday brunch favorites, including Chipped Beef, Sausage Gravy, Omelet and Waffle Stations, Fresh Fruit Cup in season, and your choice of 2 lunch entrees, vegetable, starch and salad bowl.

**October 9 & 23,**

**November 6 & 20,**

**December 4 & 18**

**Seating Time 12:30pm**

**Terrace Overlook Restaurant**

**Reservation Required**

### **THANKSGIVING BUFFET**

**Thursday, November 24**

**11:30 am and 1:00 pm**

**Terrace Overlook Restaurant**

**Cost TBA**

**Reservations Required**

### **THEMED BUFFET DINNER**

Join us every other Monday of the month as Chef Don Martin and his team prepare a meal for you! Each meal will be themed, menu will be included in the Weekly Update prior to the event.

**10/3 & 10/17, 11/14**

**& 11/28, 12/12 & 12/26**

**Served 4:30 – 6:00 pm**

**Terrace Overlook Restaurant**

**Reservations Required**

### **VETERAN'S DAY BRUNCH**

The Village at Utz Terrace takes this opportunity to thank our Veterans for their service to our country by inviting you to a complimentary breakfast. Those who have served in any branch of our Armed Services are invited to attend.

**November 11**

**10:00 am**

**Veteran's Brunch, Terrace Overlook  
Sign-up Required in the LE  
Program Binder**

### **WOMEN'S BIRTHDAY LUNCHEON**

Time to celebrate another year! Share good food, fellowship and hear the birthday ladies share some personal stories as we celebrate their lives.

**1st Tues of the month**

**12:00 pm**

**Terrace Overlook Restaurant**

**Cost: \$10**

**Sign-up Required in the LE  
Program Binder**

## **Holiday Events**

Residential Living Christmas Dinner

In celebration of the Christmas season, join your neighbors for a full course meal and a special holiday musical performance.

**Wednesday, December 7**

**12:00 pm**

**Bay City Restaurant**

**110 Eisenhower Drive, Hanover, PA**

**Registration for meal required by  
Monday, November 28**

**Transportation available. Please  
register for transportation by  
Friday, December 2.**



# COMMUNITY

Making a positive impact, be it in the community reaching out to help others or improving the quality of our environment.

*“The best way to find yourself, is to lose yourself in the service to others.”  
— Mahatma Gandhi*

## CommUNITY Spirit

### SERVING THE GREATER COMMUNITY

#### ***Supporting the Alzheimer’s Association***

Help to raise awareness and funds for Alzheimer’s care, support and research by participating in the following fundraiser events.

#### ***Paint Night***

Create a fall picture guided by art instructor Tanya Miner while helping raise funds for Alzheimer’s. This event is BYOB, feel free to bring a snack to share.

**Thursday, October 13  
5-7 pm, Lifelong Learning  
Classroom**

**Cost \$30**

**Registration required by Tuesday,  
October 1**

#### ***Walk to End Alzheimer’s***

Join the Utz Terrace team in taking steps towards a world without Alzheimer’s.

**Saturday, October 29**





## SERVING WITHIN OUR COMMUNITY

### *Life Enrichment Planning Committee*

All residential living residents are invited to help with the planning of events for January, February, and March of 2023.

**Thursday, October 6**

**2:00 pm**

**Lifelong Learning Room**

### *Thursday Talks with Marcia*

This bi-weekly gathering is a great time to share thoughts and ideas together with the Village's Executive Director. Light refreshments served. 2nd & 4th Thursday

**10:30 am**

**Great Room**

### *Holiday Helpers*

Lights, ornaments, action...bring Utz Terrace to life this Christmas. Join your neighbors in helping to get the community ready for the holidays through the direction of Life Enrichment and Village Team staff. A complimentary lunch will follow for all volunteer holiday helpers.

**Monday, November 28**

**10:00 am**

**Community Center and Apartment Common Areas**

**Volunteer registration required by Monday, November 21**



*Mission Statement:* to inspire meaningful purpose in the lives of residents by empowering them with continued growth opportunities for wellness in body, mind and spirit.

### **The Seven Dimensions of Wellness**

Our Spirit360™ program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging and well – being so residents can live as fully as possible.

1. **Emotional.** Understanding ourselves, acknowledging and sharing feelings in a productive manner, approaching life with a positive enthusiastic outlook, and coping with the challenges life can bring.
2. **Intellectual.** Opening our minds to new ideas/experiences and engaging in creative pursuits and life – long learning to sharpen the brain.
3. **Physical.** Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.
4. **Vocational.** Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.
5. **Social.** Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.
6. **Spiritual.** Living with peace and harmony to realize a common purpose in our lives.
7. **Environmental.** Recognizing our own personal responsibility for the quality of air, the water and the land that surrounds us, and making a positive impact on the quality of our surroundings.



2100 Utz Terrace • Hanover, PA 17331 • [www.SpiriTrustLutheran.org](http://www.SpiriTrustLutheran.org)

